

Data Dictionary Codebook

IMACS Codebooks (PID: 483)

09/04/2026 5:20pm

Instruments	
Instrument	Form Name
Thirty Second Sit to Stand Test (STS)	thirty_second_sit_to_stand_test_sts

[Collapse all instruments](#)

	#	Variable / Field Name	Field Label <i>Field Note</i>	Field Attributes (Field Type, Validation, Choices, Calculations, etc.)
Instrument: Thirty Second Sit to Stand Test (STS) (thirty_second_sit_to_stand_test_sts)				
	1	[study_id]	Study ID	text
	2	[sts_imacs_number]	Subject's IMACS Number	text, Required
	3	[sts_date_assess]	Date of Assessment (mm/dd/yyyy)	text (date_mdy), Required Field Annotation: @PREVENT-FUTUREDATE
	4	[sts_assess_num]	Assessment number	text, Required
	5	[sts_assessor]	Assessor	text, Required
	6	[sts_table]	Thirty Second Sit To Stand Test (STS) Test 1 Test 2 Number of Full Repetitions: {sts_repetitions_1} {sts_repetitions_2} Did the patient use hands or armrest to stand? {sts_arm_use_1} {sts_arm_use_2} Did patient use assisted devices (aids) to stand? {sts_device_1} {sts_device_2} If yes specify: {sts_device_1_spfy} {sts_device_2_spfy} Final Score: {sts_final_score} Seat height: {sts_seat_height} inches {sts_complete} {sts_not_performed} Comments on performance of Sit to Stand test: {sts_not_performed_spfy}	descriptive
	7	[sts_score_info]	The final score should be the average of both tests, each completed within 30 seconds.If the patient uses their arms or any devices during the tests, the final score will be zero.	descriptive

8	[sts_desc]	Instructions: This test measures how many times a patient can stand up from a seated position and sit back down in a chair within 30 seconds. This test has been validated in adult myositis patients. You will need a chair with a straight back and no armrests and a stopwatch. The seat height of the chair should allow the patient's feet to rest flat on the ground with thighs at a 90-degree angle. The recommended seat height of the chair is generally 16 to 18 inches for an adult person of average height. The patient should perform the test without using their hands, armrests, or customary walking aids. If the patient cannot complete a single repetition without assistance, allow them to use their hands, armrests, or walking aids. Record the use of hands, armrests, or walking aids on the form. A full repetition is defined as standing fully from a seated position and then sitting back down. If the patient has NOT returned to a seated position on the chair when 30 seconds are over, do NOT count the final repetition. The patient will complete this test twice with 2 minutes of rest in between. The assessor should guide the patient through a practice run. If the assessor or patient feels that the test was not performed to the best of their ability, they may choose to repeat it, discarding the prior results.	descriptive				
9	[sts_repetitions_1]	Number of Full Repetitions for Test 1:	text (integer, Min: 0, Max: 99), Required				
10	[sts_arm_use_1]	Did patient use hands or armrest to stand for test 1?	yesno, Required <table><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> Custom alignment: RH	1	Yes	0	No
1	Yes						
0	No						
11	[sts_device_1]	Did patient use assisted devices (aids) to stand for test 1?	radio, Required <table><tr><td>1</td><td>Yes (specify below)</td></tr><tr><td>0</td><td>No</td></tr></table> Custom alignment: RH	1	Yes (specify below)	0	No
1	Yes (specify below)						
0	No						
12	[sts_device_1_spfy]	If yes, specify:	text, Required				

		Show the field ONLY if: [sts_device_1] = '1'						
	13	[sts_repetitions_2]	Number of Full Repetitions for Test 2:	text (integer, Min: 0, Max: 99), Required				
	14	[sts_arm_use_2]	Did patient use hands or armrest to stand for test 2?	yesno, Required <table><tr><td>1</td><td>Yes</td></tr><tr><td>0</td><td>No</td></tr></table> Custom alignment: RH	1	Yes	0	No
1	Yes							
0	No							
	15	[sts_device_2]	Did patient use assisted devices (aids) to stand for test 2?	radio, Required <table><tr><td>1</td><td>Yes (specify below)</td></tr><tr><td>0</td><td>No</td></tr></table> Custom alignment: RH	1	Yes (specify below)	0	No
1	Yes (specify below)							
0	No							
	16	[sts_device_2_spfy] Show the field ONLY if: [sts_device_2] = '1'	If yes, specify:	text, Required				
	17	[sts_final_score]	STS Final Score	calc Calculation: if([sts_arm_use_1] = 1, 0, if([sts_device_1] = 1, 0, if([sts_arm_use_2] = 1, 0, if([sts_device_2] = 1, 0, (sum([sts_repetitions_1],[sts_repetitions_2])) / 2))))				
	18	[sts_seat_height]	Seat height: <i>inches</i>	text (number, Min: 8, Max: 22), Required				
	19	[sts_complete]	Unable to perform the test due to severe weakness (provide comments for detail). Number of full repetitions is recorded as "0"	checkbox <table><tr><td>1</td><td>sts_complete__1</td><td>Unable to perform the test due to severe weakness (provide comments for detail). Number of full repetitions is recorded as "0"</td></tr></table> Custom alignment: LH	1	sts_complete__1	Unable to perform the test due to severe weakness (provide comments for detail). Number of full repetitions is recorded as "0"	
1	sts_complete__1	Unable to perform the test due to severe weakness (provide comments for detail). Number of full repetitions is recorded as "0"						
	20	[sts_not_performed]	Test not performed due to reasons other than muscle weakness (e.g., recent surgery, pain, disability, or other limitations).	checkbox <table><tr><td>1</td><td>sts_not_performed__1</td><td>Test not performed due to reasons other</td></tr></table>	1	sts_not_performed__1	Test not performed due to reasons other	
1	sts_not_performed__1	Test not performed due to reasons other						

				than muscle weakness (e.g., recent surgery, pain, disability, or other limitations). Provide detailed comments.						
				Custom alignment: LH						
	21	[sts_not_performed_spfy]	Comments on performance of Sit to Stand test:	notes						
	22	[sts_reference]	References:1- Jones CJ, Rikli RE, Beam WC. A 30-s chair-stand test as a measure of lower body strength in community-residing older adults. Res Q Exerc Sport. 1999 Jun;70(2):113-9. doi: 10.1080/02701367.1999.10608028. PMID: 10380242.2- Saygin D, Oddis CV, Dzanko S, Koontz D, Moghadam-Kia S, Ardalan K, Coles TM, Aggarwal R. Utility of patient-reported outcomes measurement information system (PROMIS) physical function form in inflammatory myopathy. Semin Arthritis Rheum. 2021 Jun;51(3):539-546. doi: 10.1016/j.semarthrit.2021.03.018. Epub 2021 Apr 15. PMID: 33894634.3- Saygin D, et l. PERFORMANCE OF SIT-TO-STAND, TIMED UP-AND-GO AND SIX-MINUTE WALK TESTS IN THE HOME AND OFFICE SETTING Clinical and Experimental Rheumatology 2023; 41: 429.	descriptive						
	23	[thirty_second_sit_to_stan d_test_sts_complete]	Section Header: <i>Form Status</i> Complete?	dropdown <table><tr><td>0</td><td>Incomplete</td></tr><tr><td>1</td><td>Unverified</td></tr><tr><td>2</td><td>Complete</td></tr></table>	0	Incomplete	1	Unverified	2	Complete
0	Incomplete									
1	Unverified									
2	Complete									